

## Two-hand Overhead

Technique same as two-hand overhead pass.

Used by tall players guarded by a small player.

Best - apt to slow up game.

## Foul shooting

Best shots 1) underhand look  
2) chest

### Edwards' shot

1) Player stands feet astride,  
one foot in advance if desired.

### Underhand look shot

Back kept comparatively straight,  
while knees bend & straighten.

Ball should be looked to clear  
basket rim - eyes on basket all the  
time.

Do not overstep line.

Shooting short - dip knee bend.

Over-shooting - step back from line.

Shooting right - step on left foot.

Shooting left - step on right foot.



## Offensive Individual Tactics

### Keep possession of the ball

#### A. Passing

- 1) Run to meet the ball - never wait
- 2) Receive & re-pass ball in one motion, unless player pivots, bounces, fumbles
- 3) Pass with one or both hands
- 4) Pass should be wrist high
- 5) Ball passed to approaching player should not be too fast
- 6) Short passes effective
- 7) Never remain in the same spot - seek openings

8) Ball received above head -  
double overhead pass used.

Ball received wrist high - use -  
chest pass

bounce pass

two hand underhand pass.

Ball caught low to the side - use -  
single or double underhand pass  
on side received.

Ball caught at shoulder height  
single or double shoulder pass.

9) Short, snappy passes towards goal  
good offensive playing.

10) Use common sense in passing.

11) Play with the team, not individually.

12) Buses should use & pass along  
the sides of the court.



- 13) Set the ball in play quickly from out-of-bounds.
- 14) Player who thrown in should receive second pass as she is sometimes unguarded.
- 15) Kuff uncovered for return pass, after passing. It's effective.

### 3. Shooting

- 1) Face basket & keep eyes on it until shot is made.
- 2) Only shoot when ready - if not pass.
- 3) Attempt to receive rebound after your own shot.
- 4) Arch ball for front shot.  
Note spot on backboard for banked shots.
- 5) Relax - hold ball lightly.
- 6) Use long shots only when sure of close-up ones.
- 7) Forwards - be confident.
- 8) Forwards - learn court positions.
- 9) Forward - follow up her own shot and pass back to approaching forward - then leave that area.
- 10) Line up for free shot offensive  
remember 1) score if possible.  
2) secure ball and shoot, if shot misses.  
3) intercept guard's pass and kick ball in scoring area.



### ● C. Rebound play.

Ball should be kept in scoring area, until a goal is made.

- 1) A rebound should be a pass to one's self or teammate.
- 2) Player follows up her run shot when possible.
- 3) Time the dash for the rebound. Run well out, then when ball strikes, run in and jump for it. If ball not secured, tip it to teammate or hold it.
- 4) While one forward attempts to get the rebound, other forwards get free.
- 5) Pass rebound shot, unless in good shooting position.
- 6) Be fast for rebounds from close backboards. Ball should be well arched for shot.

### D. Starting.

- 1) Be alert & ready for any movement.
- 2) While waiting, be in forward stride position, weight on balls of feet or toes.
- 3) Rear foot in contact with the floor gives good push-off.



## E. Stepping

### I. The Jump Step

Feet hit the floor simultaneously and apart, knees flexed, weight well back.

Use - to avoid over-stepping  
- at start of the pivot or reverse turn.

### II. Running Stride Step

Made suddenly while running, feet remain in front stride position, rear leg bent.

Use - single underhand pass easily handled from this position.

## F. Jumping

1) Jump from run intercept high passes and rebounds.

2) Jump from standing position  
for centre pass or tie ball.

Position - "Feet slightly apart, one in advance, knees bent, weight on balls of feet."  
"Arms at sides, body relaxed."  
+ not too crouched.

"Eyes on ball, ball lifted & tossed to teammate by flick of fingers & wrist."



## G. Faint.

Pretense to pass, shoot & bounce.

- 1) In passing - lunge and start pass to one side - then reverse.
- 2) Faint from out-of-bounds - movement from the chest. This draws opponent's arms.
- 3) In shooting area - one player draws guard by faint to shoot then passes to player nearer basket. Faint high - pass low.

## H. Juggle.

A shot to one's self, by toss of ball into air - to cover ground.

Use - to gain distance

- when closely guarded.

- 1) One should pass over opponent's upstretched arms.
- 2) Ball regained by diagonal run forward around opponent.

## I. Bounce.

Pass to one's self.

- 1) to gain distance.
- 2) to approach basket to shoot.
- 3) to give time for teammates to get free.

- 1) Ball bounced at arm's distance, in front of centre of the body, pushed down at an angle to allow steps to be taken forward.



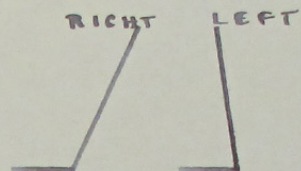
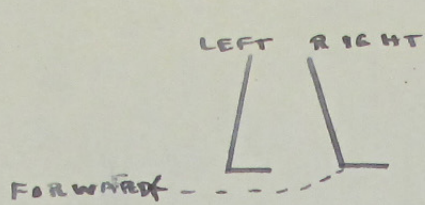
- 2) Fingers spread - force from forearms, wrists & fingers.  
Head up and eyes ahead to watch for interference.
- 3) Watch for basket - if approaching it.
- 4) Receive the ball on the run & start bounce without catching it.
- 5) Avoid stationary bounce.
- 6) One bounce legal - bounce can combine with bounce pass.

Misc -

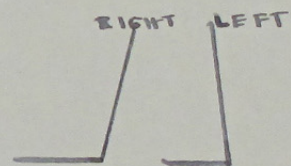
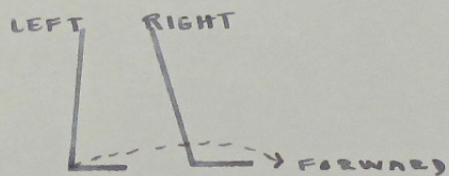
- 1) By forwards to approach basket.
- 2) By guards & centres when teammates are guarded.  
- guard shouldn't bounce in opponent's scoring area.
- 3) Combined with feint & pivot or both, good getaway from opponent.
- 4) A bounce to side line draws guard away from basket, then forward does a reverse turn & forward pivot ready to shoot.



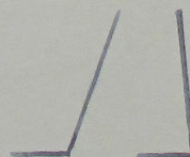
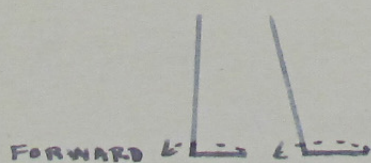
# REAR PIVOT.



# FRONT PIVOT.



# REVERSE TURN.





## J. Pivots

Pivots test alertness, muscle control and co-ordination.

### I. Rear Pivot.

- 1) Jump stop with feet apart and knees flexed. If pivot is backward right - weight is on left foot. If pivot is backward left - weight is on right foot.
- 2) Leg is raised sideward to give free to turn.
- 3) If opponent is approaching from front - use half rear pivot. If opponent is approaching from side diagonally - use quarter pivot.

Use - ball can be passed back.  
- makes defensive player.

### II. Front Pivot.

- 1) From running stride stop - forward foot is pivot foot, weight is on it.
- 2) From jump stop - pivot foot is foot on side towards which the pivot is made.
- 3) If right foot is forward in running stride stop, left leg is raised and turned sideward and forward, turning body to the right in a forward direction.

Reverse - if left foot is forward.



Use - After receiving ball on the run with foot defense behind. As pivot is made, defense should over-run, leaving opponent free.

#### III. Reverse Turn.

Use - Following catch in running, stride stop, when checked in front, put in good position.

- 1) If left foot leads, turn made on balls of the feet towards the right, facing player in opposite direction, right foot leading.
- 2) If right foot leads, turn left.
- 3) Good way to get free for a pass.

#### IV. Comments of Pivots & Turns.

- 1) Pivot & turn away from opponent.
- 2) Player should be certain of ball before turn is started.
- 3) Weight is kept low, aids in speed and balance.
- 4) Should be executed rapidly to avoid opponent shifting quickly.
- 5) Pivots and turns learned in either direction - right or left.
- 6) Pivot generally made towards the nearer side line, as defense should be on inside of player.
- 7) Ball kept close to the body and under control.





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